

Sleep Keeps Me Healthy



**Healthy**  
Sleep Habits

Sleep Keeps Me Healthy

**Unhealthy**  
Sleep Habits



**RWJBarnabas**  
HEALTH

Children's  
Specialized  
Hospital



I drink soda  
or coffee before  
bedtime

I meditate or  
think of calm  
places before  
bedtime

I use my phone  
or tablet in my  
bedroom

I eat a  
large meal before  
bedtime

I stretch  
my body  
or practice yoga  
before  
bedtime

I try to go to bed  
at the same time  
every night



I read something enjoyable before bedtime

I play video games or watch TV before bedtime

I play soft music and breathe deeply before going to bed

I play loud music before going to bed

I take a warm bath or shower to relax before bedtime

I use my phone or tablet within an hour before going to sleep



I keep the  
lights on before  
going to bed

I sit quietly  
and relax  
for at least  
30 minutes  
before  
bedtime

I turn off  
the lights before  
going  
to bed

I run around the  
house before  
going to bed

I get into  
arguments before  
bedtime

I think about the  
good things that  
happened in my  
day

